

HOW I HEALED MY FIBROMYALGIA NATURALLY

THE STEPS I TOOK,
THE LESSONS I LEARNED

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WORK WITH ME

INTRODUCTION: MY TURNING POINT

I was a southern-raised woman who loved sweet tea, fried food, and working hard. In 2012, I was diagnosed with fibromyalgia. The fatigue, pain, brain fog, and emotional weight felt like they would never end.

The doctors offered me prescriptions — but deep down, I knew there had to be another way. I had seen too much.

I'm the middle child of three. Both of my siblings were prescribed medications for legitimate medical reasons, but over time, dependency took hold. We lost my brother to addiction. My sister still battles with addiction.

And I knew if I went down that same path, it could destroy me too.

So I made a different choice. This guide shares the small, intentional shifts I made that led to my healing — physically, emotionally, and spiritually. If you've been told there's no other way... I want you to know there is.

You were created to heal.

And I believe your story doesn't end here.

Healing isn't always fast — but it is possible. Every small shift you make is like compound interest in your body. It adds up, layer by layer, day by day. You don't have to be perfect. I wasn't. I made mistakes, had setbacks, and kept going anyway. What matters most is that you stay in motion — even if it's just one intentional step at a time.

If I could do one thing differently, it would be to journal and document more of the process. Not for the Instagram photo — but for the reminder of how far I came. I hope you'll do that for yourself.

Celebrate every win.

Take the photo.

Set your mind to healing.

You'll never regret it.

Tina



LET'S GET STARTED

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FDA. THIS GUIDE IS NOT INTENDED TO DIAGNOSE, TREAT, OR CURE ANY DISEASE. ALWAYS CONSULT YOUR TRUSTED HEALTH PROFESSIONAL BEFORE STARTING A NEW SUPPLEMENT.

THE HEALING FRAMEWORK: REMOVE → REPLACE → REBUILD

In natural health, we often talk about healing in phases — and this guide follows that same rhythm.

First, you remove what's working against your body.

Then, you replace it with tools that support healing.

And over time, you rebuild a foundation that feels strong, steady, and aligned with how you were created to thrive.

This next section walks you through what I personally had to let go of — and what I chose instead.

Healing happens in layers. It's not about doing everything at once — it's about doing the next right thing for your body, over and over again.

Let's start with what needed to go...

What I Removed

- Offending Foods: Sugar, gluten, wheat, fried foods, artificial sweeteners, dyes, preservatives, soda, and processed food.
- Toxins: Years of salon chemicals took a toll. I left the industry, swapped out dryer sheets, cleaners, and laundry soaps for plant-based alternatives.
- Emotional Weight: I addressed harmful thought patterns, faced hard truths, and chose to grow.

Before healing can truly begin, you have to clear the path. I started by removing what was weighing my body down — the things that were creating inflammation, confusion, and toxicity at a cellular level.

This wasn't just about eliminating bad habits — it was about taking back control of what went into and onto my body.

As a family, we also leaned into a more sustainable lifestyle. We homeschooled, so we made food production part of our daily rhythm. We raised chickens for fresh eggs, kept Nigerian Dwarf dairy goats for raw milk and cheese-making, and grew our own food in the garden. I know that's not possible for everyone — but it was for us, and it became a healing project that nourished more than just our bodies.

If growing your own food isn't an option, find someone local who does. Supporting small farms and food producers not only gives you better nutrition — it gives you the power to choose what goes into your body. And that power is everything when you're healing.

What I Added

- Real Food: Organic, non-GMO, nutrient-dense meals free of processed junk.
- Filtered Water & Herbal Teas: I ditched sodas and sugary drinks in favor of pure hydration.
- Gut Support: Digestive enzymes, probiotics, and intentional gut repair became part of my daily routine.
- Essential Oils: Copaiba for pain, Peace & Calming for sleep, Valor for emotional balance, and oils in Epsom salt detox baths.
- Gentle Movement: I started walking even when it hurt. Over time, it became easier and necessary.
- Natural Supplements: Daily use of Ningxia Red, mineral support, and targeted plant-based supplementation.

A FUN TWIST I DIDN'T SEE COMING...

When we first started this journey, I didn't even know what Young Living was. I was focused on food, gut health, and reducing toxins — and our barn was actually the place that opened the next door.

We had purchased dairy goats from a local woman who lived a holistic lifestyle. She nurtured her family naturally, especially her son who had been vaccine-injured. She pointed me toward a livestock herbal guide filled with tips for using herbs, essential oils, and homeopathy for animal care.

As I read through the recommendations — from parasite management to birthing support — I started building a shopping list for oils and natural remedies for our goats. Around that same time, I was invited to a class on essential oils. I had no idea what to expect, but I was hungry to learn more.

In God's perfect timing, that class took place within a week of me reading that herbal guide. Only He could orchestrate such alignment.

At first, I bought the oils for the barn. But it didn't take long for us to realize... they were just as powerful for our own health and healing. While my healing began with food and environment changes, Young Living became a natural extension of what we were already doing — and it arrived exactly when we needed it.

MINDSET & FAITH: REWIRING FROM THE INSIDE OUT

Healing isn't just physical — it's emotional, mental, and spiritual. I had to learn how to speak differently about my body. I caught myself saying things like, "I'll never get better." or "This is just my life now."

Even simple statements like, "I am so sick," create a pattern.

I believe our thoughts hold power. Not because of manifestation or trends — but because God created our bodies to respond to peace, not panic. We must guard our thoughts carefully.

I began speaking life over myself every day. Not just hoping for healing — but declaring it.

Daily Words I Speak Over My Body:

- "My body was created to heal."
- "Every cell in my body is coming into balance."
- "I am not broken. I am rebuilding."
- "God is restoring what was lost."

I also started using essential oils that helped me emotionally — Valor when I needed courage, Frankincense for grounding, and Peace & Calming before bed. I didn't just use them topically. I used them with prayer.

Scripture I Cling To

"And the leaves of the tree were for the healing of the nations."

— Revelation 22:2, SAT

That verse hit me deeply — because I had found such peace and progress using plants. What I once thought was "woo-woo" turned out to be God's design.

If you're struggling with shame, fear, or doubt, I want you to know: you are not broken.

You are not beyond help.

And you were never designed to suffer in silence.

Journaling Prompt: *Gentle Reflection for Your Healing*

Take a quiet moment to reflect and write your thoughts. Let this be a space for honesty, hope, and Holy Spirit whispers.

Where is your body asking for gentleness right now?

What thoughts, habits, or patterns might need to be released so your body can begin to heal?

Where have you seen even the smallest signs of progress — and did you celebrate them?

Tip: You may want to write a note to your body, thanking it for carrying you this far and inviting it into a new season of healing. Don't be surprised if tears come. That's healing, too.

A Prayer for Fibromyalgia Healing

Father,

I come to You today tired — not just in body, but in spirit. This pain has tried to define me, but I know You call me by another name: healed, whole, beloved. Thank You for designing my body with wisdom. I trust that nothing is too broken to be rebuilt in Your hands. Guide me in the changes I need to make. Bring me courage where I feel fear. Remind me daily that healing may be slow, but it is happening — even in the unseen.

I speak peace over every cell, restoration to every system, and hope to every weary thought. Thank You for showing me that the leaves truly are for the healing of the nations — and that includes me.

In Jesus' name,

Amen.

Lessons I'll Never Forget

One night, I gave in and ate BBQ on a white bun at my daughter's volleyball banquet. It was the first bread I'd had in months — and honestly, it was delicious. But the next morning, I could barely walk.

The pain and inflammation came roaring back like I had hit the reset button on everything I'd worked so hard to improve. And that's when I knew — my healing was real. It wasn't in my head. It wasn't a phase. My body had changed... and it noticed when I slipped back into old habits.

I used to think it was just the gluten. But now I know there's so much more to that story.

Gluten gets the blame — but what if it's the dozen unpronounceable additives, the preservatives, the bleached white flour, the pesticide-sprayed grains, the plastic packaging, or even the aluminum pans it was baked on?

We may not know exactly what the trigger is, but here's what we do know:

- Our bodies recognize real food.
- They respond to fake food with confusion, inflammation, and exhaustion.

That moment led me to a new standard:

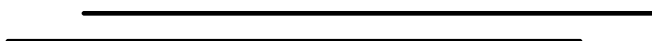
- If I couldn't pronounce the ingredients, I didn't eat it.
- If it had more than five ingredients, it probably didn't belong in my healing plan.

Now, I choose bread made with organic flour, clean salt, filtered water, and long fermentation. Simple. Honest. Alive. That's what food should be.

Getting healthy is hard. But so is being sick.

And once I felt the difference, I never wanted to go back.

There's no silver bullet for fibromyalgia. But there are a whole lot of little golden BBs — tiny shifts, simple choices, quiet victories — that when stacked together, change everything.



SUPPORT TOOLS THAT HELPED ME MOST

My Favorite Young Living Remedies for Fibromyalgia Support

Healing isn't just about what you remove — it's also about what you add in to support your body, your mind, and your spirit during the journey.

Here are the supplements and essential oils that made a powerful difference in my fibro healing. These are the tools I still reach for today — not just for myself, but for my family, my clients, and my everyday life.

For Pain & Inflammation

BLM

A fantastic, all-natural pain reliever that supports joint health, mobility, and bone strength. Great for daily comfort and flexibility.

AgilEase

Another favorite pain support option — this one includes turmeric and other anti-inflammatory ingredients. On really hard days, I alternate between AgilEase and BLM for added relief.

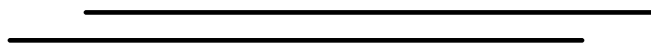
Copaiba

Rich in beta-caryophyllene (a natural anti-inflammatory), this oil is incredibly soothing. I use it in capsules for pain relief — and it's a powerful ingredient in custom blends, too.

Pain Relief Capsule Recipe:

In a 00-size vegetable capsule, add:

- 5 drops Copaiba
- 5 drops Frankincense
- 5 drops Idaho Grand Fir
- Take as needed to keep pain under control.



Topical Support for On-the-Go Relief

Deep Relief (roll-on)

This cooling blend helps reduce localized pain when applied to sore muscles and joints. I keep one in my purse — and my husband always has one in his pocket for his lower back!

For Daily Inflammation & Energy

NingXia Red

A powerful antioxidant-rich drink that supports your body at the cellular level. It's nourishing, energizing, and inflammation-supportive. I drink it daily.

NingXia Nitro

This little shot is a clean energy booster for your brain and body. Great for mental clarity, energy, and keeping brain fog at bay.

For Sleep, Recovery, & Emotional Balance

Sleep is non-negotiable for fibromyalgia recovery. Aim for 7–9 hours each night, and try to be in bed by 10:00 PM. The later you stay up, the more your brain has to recover — and the more your healing gets delayed.

If you've fallen into a late-night routine or struggle to fall asleep early, be gentle with yourself. Resetting your circadian rhythm may take a week or more. But with consistency, your body will begin to trust the new rhythm.

Super Magnesium + Deep Night Essence

Sleep is non-negotiable for fibro warriors. These two help support relaxation, deeper sleep, and detox through the lymphatic system — which helps with brain fog and fatigue.

Aromatherapy for Emotional Support

I diffuse essential oils 24/7 — not to make the house smell good, but to support my limbic system, where emotions and trauma are processed. Many with fibromyalgia carry emotional burdens. Oils are a gentle way to begin releasing them.

Simple Rules to Remember:

- Go to bed by 10 PM
- Get up by 7 AM
- Avoid lying in bed too long after waking — this can confuse your natural sleep-wake cycle
- Wind down with calming oils, magnesium, and a tech-free bedtime routine

This rhythm will help you access delta wave sleep, which is when your brain's glymphatic system kicks in to detox and restore clarity. That's also when the magic happens for reducing brain fog and regulating inflammation.

For Energy & Immune Health

Super B

A methylated B-complex that supports adrenal health and gives clean, sustainable energy — a must for chronic fatigue and burnout recovery.

Super Vitamin D

Many people with chronic illness are low in D. This supplement is clean, effective, and bioavailable.



Want to See My Favorite Picks All in One Place?

👉 *Click here to view my curated [Young Living Fibromyalgia Support Wishlist](#)*

Want My Full Daily Wellness Protocol?

👉 *I've put together a [step-by-step guide](#) with all my favorite supplements, essential oils, and the exact morning, midday, and evening rhythm I recommend for fibro support. Click the underline phrase to begin download.*

See the final page for how I maximize my budget and keep my wellness routine affordable with Loyalty Rewards.

It's my favorite way to earn free products while staying consistent on this healing journey.

Why I Recommend Loyalty Rewards...

Let's be honest — no one loves the idea of an autoship order. I get it. But Young Living's Loyalty Rewards program is actually one of the smartest and most flexible ways to support your wellness journey — especially with something like fibromyalgia, where consistency matters most.

Unlike most subscriptions, this one is completely customizable every single month. Some of the tools in my Fibro Warrior Reset (like NingXia Red or Master Formula) are used daily. Others (like Deep Relief or BLM) may last you 2–3 months. With Loyalty Rewards, you can adjust your cart anytime to reflect what you actually need — no waste, no pressure.

Here's why it's worth it:

- You'll receive 24% off retail prices on all orders
- You earn points back on every purchase (10% months 1–3, 20% months 4–24, and 25% after that)
- You get thank-you gifts along the way — including a free diffuser in month 2 and exclusive oils during your first year
- Each month, you can qualify for Gifts with Purchase, including products only available through Loyalty Rewards
- You only need a 50pv order each month to stay active in the program

The points you earn add up quickly. I personally save mine and redeem them for products on my shop orders — just pay shipping and they're yours.

Healing is a process. Some months you may need more, others less. But being consistent gives your body the environment it needs to do what it was created to do: heal. And when you can earn free wellness tools while doing it? That's a win.

Say **“YES”** to Loyalty Rewards at checkout.

*Healing takes time — but you're worth the time it takes.
I'm so honored to walk beside you.*

Tina